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HINTS ABOUT



THE PREVENTION OF MEASLES.

The Committee on Health of Glasgow hope that parents and others will read this Paper carefully, and adopt the instructions which it contains, and any others given by the Medical Attendant having the same end in view.

Measles is a dangerous disease, one of the most dangerous with which a child under 5 years of age can be attacked. It is especially apt to be fatal to teething children. It tends to kill by producing inflammations of the lungs. It prepares the way for Consumption. It tends to maim by producing inflammations of the ears and eyes.

In Glasgow, during the last five years, Measles has caused three deaths for every one which has been caused by Scarlet Fever. Only one infectious disease has been more destructive of life, viz., Whooping-cough. Measles has carried off more than four times as many persons as Enteric Fever.

It is therefore a great mistake to look upon Measles as a trifling disease.

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The older a child is the less likely is it to catch Measles; and, if it does, the less likely is it to die.

If every child could be protected from Measles until it had passed its fifth year, the mortality from Measles would be enormously decreased.

It is therefore a **great mistake**—because, as a rule, children sooner or later have Measles—to say **“The sooner the better,”** and to take no means to protect them, or even deliberately to expose them to infection.

It is wrong for mothers with children in arms to go into houses where Measles exists.

Every child ill of Measles ought at once to be put to bed and kept warm. The mildest cases may be made serious by a chill. Measles is, for this reason, most dangerous in winter and spring.

A case of Measles continues infectious for at least three weeks after the appearance of the rash. During that time separation from the healthy ought to be secured either by removal of the sick to hospital or by isolation at home.

Isolation means not merely a separate room for the sick, but the withdrawal of apparently healthy children of the same family from school (day and Sunday), and the exclusion of strange children from the house.

The isolation, as far as possible, from other children of all children belonging to the same family is more necessary in the case of Measles than of any other infectious disease, because of this peculiarity—for **days before the rash comes out, the child is highly infectious.**

School teachers especially ought to be familiar with the appearance of children in this stage of Measles.

The eyes are watery, glistening, and sensitive to light; there is a ringing cough, sneezing, and running from the nose, with a flushed face; in short, all the signs of a bad "cold in the head."

No child showing these symptoms ought to be allowed to go to school.

Any child observed at school with these symptoms ought to be sent home at once. Such children are to be looked for more particularly in the Infant Department.

Parents or guardians who send children to school from an infected house, as well as teachers who receive them knowingly, are liable in a penalty.

N.B.—*All the provisions of the "Law about Infectious Diseases," explained in the pamphlet so entitled, are applicable to Measles.*

Schools (day and Sunday) are the grand centres for the distribution of Measles. The Local Authority will exercise rigorously the power entrusted to it by the Legislature for the prevention of the attendance of children from infected families.

J. B. R.

